

from Chapter 5 of the Big Book of Alcoholics Anonymous

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God.

May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol— that our lives had become unmanageable.
2. Came to believe that a Power greater than our selves could restore us to sanity.

from Chapter 5 of the Big Book of Alcoholics Anonymous

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God.

May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol— that our lives had become unmanageable.
2. Came to believe that a Power greater than our selves could restore us to sanity.

The Twelve Promises

We will know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone-we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows

Self seeking will slip away

Our whole attitude and outlook upon life will change

Fear of people- -and- -economic insecurity will leave us.

We will intuitively know how to handle problems that used to baffle us.

We will find that God is doing for us what we could not do for ourselves. from Alcoholics Anonymous p. 83-84

**"The only thing you ever
have to offer another
human being, ever, is who
you are at this moment."**

-Ram Dass

Some Perennial Problems

JUST SAY NO; STOP IT

DIFFERENTIATING THE EGO FROM THE SOUL

**RELIGION AND SPIRITUALITY and
OUR LIMITED LANGUAGE OF
SPIRITUALITY**

**THREE QUESTIONS
IDENTIFYING WITH ADDICTIONS**

Is there anything in your life you would like to change?

Do you have at least a general idea of what you need to do to begin to put that change into effect?

How come you are not doing it?

EGO

PAST AND FUTURE
FEAR
CONDITIONAL LOVE
IMMEDIATE GOALS
ME
CONTROL
SCARCITY
ADDICTIONS

SOUL

PRESENT
LOVE
UNCONDITIONAL
LONG TERM
WE
SURRENDER
ABUNDANCE
CHOICE

THE HEALING PATH Overview

SURRENDER Steps 1-3

PURIFICATION Steps 4-7

RIGHT RELATIONSHIPS Steps 8-9

LIVING IN THE HERE AND NOW Step 10

COMPREHENSION Step 10-11

LIVING AND LOVING WISELY Steps 11-12

AUTHENTIC BEING Step 12 and beyond

INTO ADDICTION

- EGO IDENTIFICATION
- “NOT ENOUGH” CONSCIOUSNESS
- HUNGER AND YEARNING FOR SOMETHING MORE
- LOOKING OUTSIDE
- CONTINUING SENSE OF FRUSTRATION AND CIRCULAR BEHAVIOR





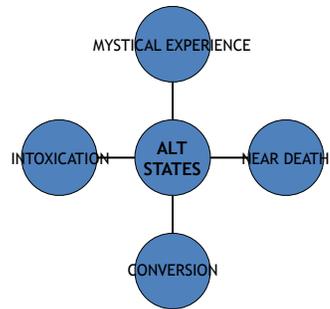
**The Integrated Self
Conscious Stage**

Ego is directed by
the Soul

**Balance of
Intellect and
Intuition**

**Decisions
are made
for the
highest
Good**

ALTERED STATES



SURRENDER

- STEPS 1-3
- COLLAPSE OF EGO DEFENSES
- FROM THE HEAD TO THE HEART
- EMBRACING POWERLESSNESS
- OPENING TO HIGHER DEEPER CONSCIOUSNESS
- WILLINGNESS
